



GET TOGETHERS
Bringing people together through food



Skin-on spicy potato wedges

A healthier and cheaper option than ready-prepared and a great alternative to a take away or oven chips, these potatoes are good served with dips and can also accompany curries or Chilli Con Carne.

ALLERGY AWARE: This recipe doesn't contain any of the 14 main allergens.

Organisation and skill: ★☆☆☆ (Easy)

Cost: ★☆☆☆ (Low cost)

Community involvement: children under supervision, young adults, families, older people

Equipment: ★☆☆☆ (Basic)

Equipment

- chopping board
- sharp knife
- saucepan
- colander
- small bowl
- tablespoon
- baking tray
- fork

Ingredients

- 4 medium-sized baking potatoes
- 2 tablespoons olive oil
- 2 teaspoons curry powder
- 2 teaspoons ground cumin
- ½ tablespoon chilli powder – optional
- freshly ground black pepper

How to make it

- 1 Scrub the potatoes and rinse under cold water. Pat dry.
- 2 Cut the potatoes into wedges by cutting the potato in half length-ways then cutting each half into 3 or 4 equal segments.
- 3 Place the potato wedges in a pan of boiling water and simmer for 8 minutes. This is called par-boiling. Drain the potatoes then return to the pan.
- 4 In a small bowl, mix the dry ingredients with the olive oil to make a paste.
- 5 Pour the spice mixture onto the par-boiled potatoes and mix gently to coat the potatoes thoroughly.
- 6 Heat the oven to 200°C/Gas 6.
- 7 Spread the potatoes in a single layer on a baking tray.
- 8 Bake for 25 – 30 minutes, or until the potatoes are golden. Test with a fork to see if the potatoes are soft inside. Serve hot.



 200°C or Gas 6  25–30 mins



How to make it

Cooking together

It's easy to make this recipe in larger quantities for serving at community or school events – just be aware of the spice quantities. Whilst you would simply add one potato per person you won't need to increase the spices, oil or seasoning in the same quantities.

A responsible adult should oversee the knife use and place things in the oven. Involve younger children and older people in tossing the spices, weighing & measuring, seasoning & tasting, and presenting & serving.

Recipe hints and tips

Smoked paprika can be used as an alternative spice.

Use the Cook and Share Month dips recipe with these wedges.

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Store wise: Wedges can be pre-prepared, to point five in the method, open frozen and then transferred into a freezer bag and stored for up to three months. Cook from frozen, following point six and seven but increase cooking time to 40-45 minutes. Once cooked eat whilst hot.

Portion wise: One potato per person is a good rule of thumb, but if served with vegetable-based dips or as part of a celebration buffet this recipe would stretch further.



Sunday 16th October – Friday 18th November

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